

SPECIFICATION AMENDMENTS:

Please replace the paragraphs on page 1, lines 7 through 23 with the following amended paragraphs:

--To make sliding resistance between two objects which slide over each other as low as possible is ~~a problem~~ an extremely important objective to mechanical components such as a bearing and a seal. The reason for this is that it can not only contribute to the improvement in the life of the mechanical components but also ~~restrain~~ restrains the loss of energy.

Conventionally, a surface of a sliding portion has been coated with fluorocarbon resin which is a low friction resin. However, the fabrication cost is increased. Further, a lubricant such as grease or lubricating oil has been interposed between two objects. However, the lubricant may, in some cases, be run out of. Therefore, there is a limit to the reduction in sliding resistance.--